

# BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 47

Marine Corps Logistics Base Barstow, California

October 4, 2001

## Strengthening the mind

One Marine's account of a visit to the doctor's office.

Page 2

## Around the Corps

MATCOM Commander delivers intent.

Page 6

## Standing Tall

Walking Color Guard presents colors for patriotic ceremony in Lucerne Valley.

Page 12

## Sports

MCLB Bulldogs rally in final inning to chalk up a victory.

Page 13

**Check out the new Marine Corps homepage.**

<http://www.usmc.mil>

**BARSTOW LOG**

<http://www.barstow.usmc.mil>



Photo by Cpl. Joshua Barnhardt

Jim Bannister wrestles with a steer at the Barstow Rodeo Stampede at the MCLB base stables Sunday afternoon. More than 350 competitors and 5,000 spectators attended the two-day event. See pages 8 and 9 for full rodeo coverage.

## Scholarships for Military Children Program Announced

By Sgt. Anwaar AlMoribat  
Press Chief

School is in and it is time for military families with high school seniors and college students to shop for funds to pay the cost of higher education.

Applications for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program will be available beginning Nov. 1 at local commissaries and for download at <http://www.commissaries.com>.

"The response from military families to the 2001 program was fantastic," said Defense Commissary Agency Director, Air Force Major General Robert J. Courter, Jr. "Over 5,000 students applied for the scholarships, and through the generosity of our industry partners nearly 400 scholarships were awarded. We expect to double the applications and even more scholarships in 2002."

Eligible children in the MCLB Barstow community will compete against their peers elsewhere around the world for the scholarships. While there are approximately enough scholarships allotted for every commissary to have at least one, there is no minimum per store, according to Cody Wall, a retired Marine major whose daughter was awarded one of the scholarships last year.

Last year, only a small portion of students from MCLB Barstow eligible for awards applied for the scholarships, according to James Meugniot, Barstow Commissary store director.

"Our goal is to get the word about the scholarships out early," said Meugniot. "It is truly a great opportunity for students to take advantage of, and we are proud to present the opportunity."

Qualified sons and daughters of U.S. military ID card holders, to include active duty, retirees, and Guard/reserves, may apply for the \$1,500 scholarships. Eligibility of applicants, including survivors of deceased members, will be determined using the DoD ID Card Directive. The deadline for filing applications is Feb. 5, 2002.

Two major changes are in store for the 2002 program: Students will not have to show ID at the commissary when turning in their applications, and applicants who don't live near a commissary will be able to mail their applications to their closest commissary location. Student eligibility will be verified through the Defense Enrollment and Eligibility Reporting System before scholarships are awarded. Sponsors should ensure their children are enrolled in DEERS prior to applying for a scholarship.

One of last year's Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program scholarship winner, Melissa Wall, who is now entering her freshman year at Brigham Young University, hand delivered her application.

Cody Wall, base assistant counsel, is proud of his daughter's efforts and grateful she applied for and won one of the scholarships.

"As a father and a Marine with many deployments during a career, one often wonders if they are spending too much time away from their family. The essay my daughter wrote was very patriotic and made me feel proud to hear her tell [the crowd at her award ceremony] how highly she felt of me and my service to country and Corps."

## Win *with* ABILITY

By Randy Meyer  
Comptroller Department

Every year since 1945, the President of the United States has proclaimed a national observance in October to promote the employment and awareness of people with disabilities.

"Win with Ability," is the theme of this year's program, the employment rate of people with disabilities has historically been the lowest of any minority in the nation.

Recent polls indicate that almost three out of four individuals with severe disabilities are not employed; even so the country has enjoyed its lowest unemployment for the general population in several decades.

These individuals represent a skill pool and a national resource that is largely un-

tapped, even though newspapers and Web sites are full of want ads.

American business and industry stand at a crossroads. To stay winners and to address the shrinking labor pool, mainly baby-boomers reaching retirement, they must give added focus to recruiting and maintaining a productive and diverse skilled work force.

If they don't recognize the abilities of all citizens, including those with disabilities, American business and industry's leadership and competitiveness in the expanding global economy will evaporate. Americans must win with ability and put qualified people with disabilities to work.

The main barriers against disabled people are cultural bias and work accommodations.

See ABILITY Page 5



# Mental Hardiness

**DROPPING THE BOX OF BAD FEELINGS**

**By Cpl. Cory Kelly**  
Editor

Life has a way of getting us down and making us wonder just how it is we manage to survive.

It's true. Some days I find it hard to peel far enough away from the negativity surrounding me to entertain the notion that my world is going to survive. Being where you are, and not where you want to be, can, all by itself, be enough to make you feel down. And sometimes these feelings are so engulfing they make you think they're normal.

I mean, why wouldn't these feelings be normal ... life isn't perfect.

The fact of the matter is negative feelings are normal; it's what most people do with them that isn't right.

To dig a hole then pile them in it is the wrong thing to do.

It isn't enough that I, as a Marine, am physically fit. I must be emotionally fit as well.

I should have the ability to cope and deal with being where I am, doing what I'm doing, and not carry around a box of bad feelings about it with me.

In an effort to find resolve, I went to a friend of mine, Dr. David Nieman, Personal Services Division clinical supervisor.

He told me the ability to tackle life without the box of bad feelings is a characteristic known as emotional hardiness. An attribute he says is just as important as physical hardiness.

Nieman didn't exactly tell me what emotional hardiness is. Like all other intangible things, it's a hard thing to explain, but an easy concept to prove. He went to the experts to ease my mind.

Experts like Dr. Salvatore Maddi, a psychologist in Irvine, Calif., who says he believes Hardiness, "... is a way of looking at self perceptions of commitment, control and challenge that help in managing stressful circumstances in a

way that turns them into developmental, rather than debilitating, experiences. Although evidence has shown commitment, control and challenge to be interrelated, they are far from being the same. Together, they constitute positivity and resiliency in facing life's tasks."

I, probably like many others, didn't take too much out of that definition. Decoding a psychologist's theory is like breaking down 128-bit encryption on the internet - a task trained professionals find quite disconcerting.

Luckily, Nieman could break it down for me piece by piece.

Nieman said Maddi was alluding to individuals strong in commitment relying on themselves to find ways of turning whatever they are experiencing into something that seems interesting and important to them; getting involved rather than being alienated.

A good example of this quality was found by Dr. Victor Frankl, author of the book, *Man's Search For Meaning In Life*. Frankl was a Jew-

ish psychiatrist and was imprisoned during World War II in one of Hitler's concentration camps.

He saw that prisoners who had no meaning in their life died quickly, while those who had purpose and meaning lived despite their brutal treatment.

After breaking down the first element in the triad of mental hardiness, Nieman explained the second pillar. "According to Maddi, individuals strong in control think that through effort, they can more often than not influence the course of events around them, rather than passively seeing themselves as the victim of circumstances."

Neiman then told me the story of a family member of one of the PSD staff who was stalked. "Initially she was paralyzed with fear," he said. "After a week of terror she decided at the urging of her husband not to be a victim. Together they took control.

"They notified police, the wife took a rape

**See HARDINESS Page 11**

## Vigilance of the Watchmen

**By Lt. Cmdr. Elmon R. Krupnik**  
Base Chaplain



The past couple of weeks the base has increased its security posture. I believe in what our military police have been doing, and I appreciate the hard

work and long hours that they have been working to keep us safe.

As I passed through the gate the other evening, I asked the Marines on duty how things were going. One of the Marines responded, "We are staying vigilant, Sir." Vigilant means to be keenly watchful to detect danger or trouble.

The Bible talks about watchmen. Watchmen are ones who stood guard, stationed on

the walls of the cities to warn the people of danger. Spiritually, God provides for us watchmen to warn us of spiritual danger. In our lives, we need to heed the warnings of our spiritual watchmen. God puts those watchmen in our lives to warn us of our behaviors and the behaviors of others that can be spiritually, emotionally, and physically harmful.

In Ezekial 3:21, God tells Ezekial to be a watchman for others to encourage them to lead a life of righteousness. He states, "*But if you do warn the righteous man not to sin and he does not sin, he will surely live because he took warning, and you will have saved yourself.*"

As followers of Christ, God wants us to encourage others to follow Christ and live righteous lives. Let us follow God by both listening to the watchmen that God places in our lives, and by being watchmen to others.

Blessings to all,  
Chaplain Krupnik

### Chapel Services

Protestant Sun. 8:30 a.m.  
Mass Sun. 10:30 a.m.

**Confession services  
before Mass**

### Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office

For more info call  
577-6849.

## Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Maryfrancis Wood, bartender, folds napkins and puts them in glasses for an event at the Oasis Club. Wood has been working on base for 11 months. She is originally from Albuquerque, N.M., but she has been living in Barstow for 19 years.



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# NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

## Marine Corps Ball

Join us in celebrating our 226th Marine Corps Birthday Ball at Primm, Nevada, on November 8.

Don't be left out in the cold. Reserve a room today. Call 1-800-FUNSTOP at the Primmadonna resort and Casino. Be sure to tell them code SMC1108 to get a great room rate. Room prices are \$25. Jacuzzi rooms cost \$119 and suites are \$129.

All room reservations must be made by Oct. 25. Also, room reservations come with a free breakfast pass on Nov. 9. Don't delay - call 1-800-FUNSTOP today.

## Park & Recreation Celebration

The Barstow Park & Recreation District is celebrating its 55th year of service to the community Oct. 13 at the Barstow Community Center, 850 Barstow Road.

The celebratory event is scheduled to start at 9 a.m. and roll into the early afternoon ending at three. There will be a slew of activities including: face painting arts & crafts, a racquetball tournament, a three-point shoot out and pick up basketball games.

The California Highway Patrol will also be there with Chipper, the highway patrol chipmunk mascot. Aside from Chipper, the CHP is bringing along games and prizes as well as a safety seat clinic.

The weight rooms will be open and music will be provided by, Off the Record, from 1-3 p.m.

For more information call 256-5617.

## Quarters of the Month

Pull out the hedge clippers and the lawn mower, the fertilizers and the pruning scissors, because the Quarters of the Month program is on again.

The September winners are as follows:

CWO2 Kenneth Walker, USA  
*Officer Winner, 1901 A Soissons*  
Staff Sgt. Gary Hodge, USA  
*Staff NCO Winner, 1418 Kawajalein*  
Sgt. Eric Vanness, USA  
*Enlisted Winner, 1529 Inchon*

## Maintenance Center Picnic

The annual Maintenance Center Family Picnic is October 20 from 10 a.m.-3 p.m. at Obregon Park.

Employees planning to attend need to give the names of family and friends they are inviting to their business center or department office. These names will be forwarded to the Provost Marshal's Office for admittance to the base. Also, ensure your guests know to bring a picture ID - preferably a driver's license.

Additionally, employees wishing to tour their work site with their family

and friends may also do so, but identification will be required. Those wishing to visit the maintenance center during the picnic must state their intention of doing so when submitting their names.

For more info, call Staff Sgt. Larry Essary, 577-7470, or Heather Hahn, 577-6716.

## Medical Receipts May Mean Refund

When the 2001 National Defense Authorization Act was signed into law on October 30, 2000, a number of new TRICARE programs or enhancements were authorized by Congress. Although the law was effective immediately, budget limitations require many of these programs or enhancements be phased in over the next six to 12 months.

For example, on April 1, 2001, out-of-pocket costs (co-pays) for pharmacy were reduced, and for active duty family members in TRICARE Prime other copays were eliminated. Other programs or enhancements will be effected as soon as funding is available. Beneficiaries will be notified of the changes through all available communications channels.

In the meantime, TRICARE is advising beneficiaries to save any receipts (as well as explanations of benefits and other claims-related information) for medical services from Oct. 1, 2000 forward. As each new benefit is implemented, TRICARE will widely publish the details of when and how to submit claims.

For the latest information about TRICARE benefits check online at <http://www.tricare.osd.mil>, or call Gloria Sheppard, 577-6491 ext. 102.

## USNI Essay Contest

The United States Naval Institute is a national organization of 70,000 men and women, both military and civilian, who share a common interest in issues facing the nation's maritime forces. Essays should persuasively discuss a topic relating to the stated objective of the USNI:

"The advancement of professional, literary and scientific knowledge in the maritime services, and the advancement of the knowledge of sea power."

Three essays will be selected for prizes. Anyone may enter.

First prize earns \$3,000, a gold medal, and lifetime membership in the USNI.

First honorable mention wins \$2,000 and a silver medal.

Second honorable mention wins \$1,000 and a bronze medal.

Winning essays are published in the May issue of *Proceedings* magazine.

Essays must be submitted to Arleigh Burke Essay Contest, U.S. Naval Institute, 291 Wood Road,

Annapolis, Md. 21402-5034. Essays must be postmarked before December 1.

Additional information may be obtained at the USNI Web Site at <http://www.navalinstitute.org>.

## Red Ribbon Week

October 23 marks the beginning of Red Ribbon Week, and the base substance abuse counselor is looking for volunteers to help extend educational resources to the Barstow Unified School District and the local community.

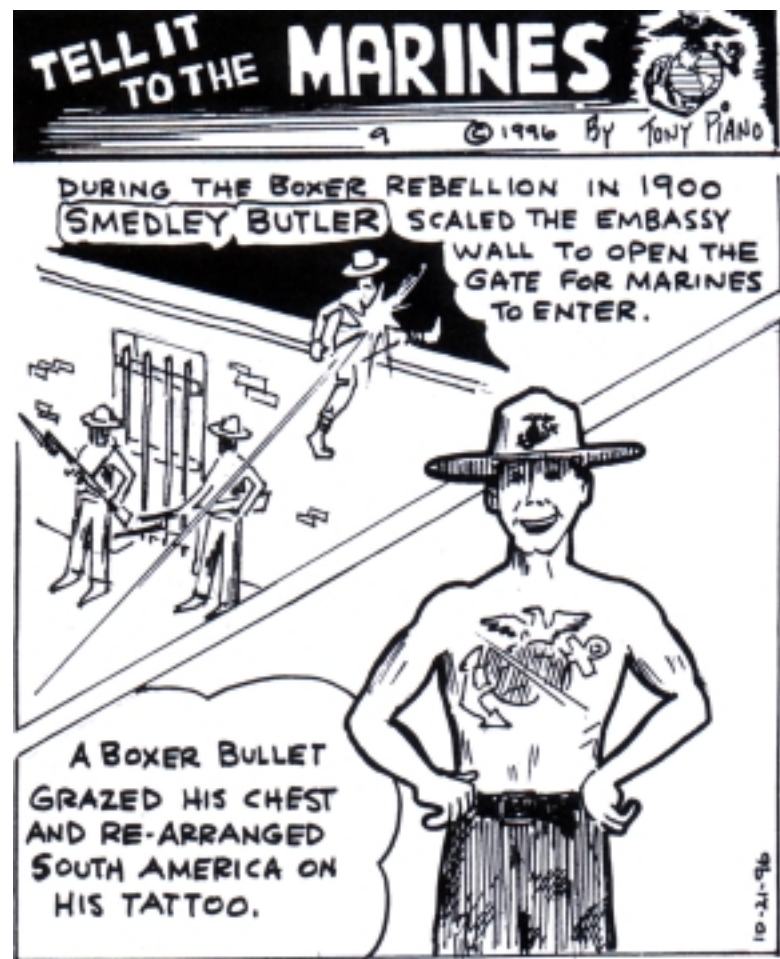
As a symbol of unity against illegal drugs, red ribbons are worn throughout the week's activities. This public display came about in response to the tragic 1985 murder of Federal Drug Enforcement Administration Agent, Enrique Camarena. Camarena was killed while investigating drug traffickers. Since that time, wearing a red ribbon signifies a public stand against illegal drug use.

During Red Ribbon week, the Substance Abuse Counseling Center will be visiting the local schools, setting up drug awareness displays, and promoting the message "Stay Drug Free" by providing students inscribed school items (i.e., pencils, pens, note pads, rulers, balloons, yo-yo's, posters etc).

To volunteer to help in the outreach program or for more information contact Staff Sgt. Joseph Johnson, substance abuse counselor, 577-6851.

## Off-Road Poker Run

The Toys For Tots foundation is



scheduling a two-day Off-Road Poker Run for Oct. 27 and 28.

There will be two loops approximately 25 miles each, one for four-wheel vehicles and one for motorcycles and All Terrain Vehicles.

Families and groups may ride and drive motorcycles, ATVs and four-wheel vehicles together on the same track with notification and approval

of event officials.

Best poker hands from each day win prizes. Sign up and go from 8 a.m. to noon each day. Courses must be finished by 1:30 p.m. There will be a Saturday night dinner at the Slash X Cafe with an all-you-can-eat barbecue dinner of chicken and ribs.

See BRIEFS Page 11

## Attention: Activated Military

Reservists, National Guardsmen, retired military who are subject to recall to active duty: For information on rights and benefits for reservists called to active duty contact the Human Resources Office, 577-6481/6279/6487 or Employee/Labor Relations, 577-6914.

## Donation leads

In response to public inquiries regarding donations in support of the relief and recovery efforts in the aftermath of the terrorist attacks on the Pentagon, the following organizations have established assistance funds or programs.

Monetary donations to victims and/or their families may be made to one or more of the relief societies or funds below:

—The Army Emergency Relief Society, Alexandria, Va. For, "The Pentagon Victim's Fund," contact Army Col. Greg Mason, (703) 325-0463 or <http://www.aerhq.org>.

—The Navy & Marine Corps Relief Society, Arlington, Va. For,

"The Pentagon Assistance Fund," contact John Alexander, (703) 696-4904 or <http://www.nmc.org>.

—The Air Force Aid Society, Suite 202, 1745 Jefferson Davis Highway, Arlington, Va., 22202. Call (703) 607-3134 or visit <http://www.asaf.org>.

—The Federal Employee Education & Assistance Fund, Littleton, Co. Send checks or money orders to: FEEA World Trade Center/Pentagon Fund, 8441 W. Bowles Ave., Suite 200, Littleton, Co., 80123-9501 or call (800) 323-4140 or (303) 933-7580 or visit <http://www.feea.org>.

—United Service Organizations. Send checks or money orders to USO, 1008 Eberle Place, S.E., Suite 301, Washington Navy Yard, D.C., 20374-5096 or call (800) 876-7469 or visit <http://www.uso.org>.

For donations of building equipment and materials contact the Pentagon Renovation/Emergency Operations Site at (703) 528-9524.

To donate volunteer services at the emergency site (e.g., rubble re-

moval) contact the Arlington County (Virginia) Emergency Operations Center, (703) 228-7506.

To donate information technology support contact Gen Loranger at the Network Infrastructure Services Agency - Pentagon, (703) 695-3934.

To donate chaplain support contact Col. Henry Haynes, Pentagon Chaplain's Office, (703) 695-3336.

Additional information regarding donations is available at the Federal Emergency Management Agency Internet Web site, <http://www.fema.gov>.

## Emergency Blood Donations

Our country has been hit with a terrible tragedy, and it has been announced that they are in dire need of blood.

Anyone wishing to donate blood is urged to call the Blood Bank of San Bernardino and Riverside counties for local donation points.

Call toll-free for more info at 1-800-879-4484 or call their 24-hour hotline at (909) 885-6503.



# Fire Prevention Week to begin

By Cpl. Joshua Barnhardt

BARSTOW LOG staff

Last year, 176 people died in 34 multiple-death fires, more than half of which were residential.

Eighteen of the 34, or 53 percent of the catastrophic incidents reported to National Fire Protection Association were residential fires, 15 of which occurred in single-family dwellings and three occurred in apartment buildings. Together, these 18 fires were responsible for 99 reported deaths. Twenty-five of the victims were children under the age of six.

"Our goal this year is to motivate people of all ages to take a few minutes to inspect their homes for common, easily correctable fire hazards relating to cooking, heating, and electrical distribution equipment. The objective is to make their homes safer," said Mary Jane Ackley, fire inspector.

Tuesday, the Child Development Center is participating in activities at the Nebo Fire Station.

On Wednesday, the Fire Department is at the Maintenance Center and Warehouse 406 to talk with workers and pass out Fire Prevention and Life Safety handouts. Later, they will have a lunch at the Nebo Fire Station, where people can learn to map out a Home Evacuation Plan, learn to use a portable fire extinguisher, and experience the Fire Safety House.

They will be doing a flashover demonstration Oct. 10 at the Fire Tower from 11 a.m. to noon. Later, the MCLB Fire Division is hosting the 5th Annual Fire Prevention Fair at the McKinney Youth Center. All military, civilians, and families are welcome. The Fire Safety House will be there, as well as Sparky, the Fire Prevention Dog.



Photo by Cpl. Joshua Barnhardt

The children of the McKinney Youth Center will play an integral role in Fire Prevention Week. The Fire Prevention Fair will be held there, and the youth will be involved in many of the activities during the week. It is also a Fire Prevention strategy to get youth involved so they can encourage their parents to take prevention measures in their own home.

## ABILITY from Page 1

Cultural bias includes pity for the disabled person, or feelings of superiority or distorted views of disabled people from able-bodied people.

Every major religion lists charity for the poor and disabled as a duty to God thus leading able-bodied people to regard disabled people as objects of pity or in another social class.

Employers tend to look at the disability, not the person and wonder if it would reflect a distorted view to the public about their company.

Their fears of potential customers turning away from their services or goods because they see an employee in a wheelchair manning the front desk

or cash register, work accommodations being so cost prohibitive that hiring a disabled person wouldn't be worth it, or co-workers thinking favoritism if a disabled person is hired and accommodated.

All these biases represent the unknown and every time they rear their ugly heads, someone suffers, the employer in need of workers, the disabled person in need of a job, and the overworked, able-bodied employee in need of relief.

Together, employers and all employees can face these fears and realize that, "the only thing we have to fear is fear itself," according to President Franklin Roosevelt, who was disabled himself.

# DEAP *luncheon*

By Randy Meyer

Comptroller Department

In observance of the National Disability Employment Awareness Month, the Disabled Employees Awareness Program committee is hosting a luncheon Oct. 24, 11 a.m. to 12:30 p.m. at the Oasis Club.

The Guest speaker is Lee Gardner, a trainer in the Canine Companions for Independence Program — a non-profit organization devoted to training dogs to be assistance aides for disabled people.

For some, having an assistance dog means living without a full-time attendant for the first time in their lives.

For others, it is often a chance to regain independence lost through illness or accident.

Also speaking is Susan Sorensen, Barstow Special Olympics committee.

Barstow has always been a strong supporter of the Special Olympics, a program that brings together athletes, with and without mental retardation — people of similar age and athletic abilities — who train and compete on the same teams and against other teams.

Barstow is hosting some national Special Olympics events in the upcoming years, bringing attention to our little town from all over the nation and spotlighting our dedication to the future of sports.

There are displays from the Computer/Electronic Accommodation Program.

This program is a DoD program dedicated to providing

assistive technology, at no cost to the base or employee, for disabled employees.

Assistive devices such as telephone amplifiers, pagers, head sets, computer enhancing technology, etc. all designed to help disabled employees work more productively, will be on display.

All DoD employees are eligible for the CAP program, and all disabilities, large or small are considered.

CAP can help those who are partially hard of hearing and are in need of an amplifier telephone, deaf and are in need of a vibrating pager, have arthritis and are in need of a special computer mouse or keyboard, or sight impaired and are need of a special computer monitor, etc.

Applications and answers on the CAP program will be available at the luncheon.

The menu is Chicken Cordon Bleu, rice pilaf, steamed vegetables or Chef salad, served with ice tea. Everybody is encouraged to attend with supervisor's approval.

Luncheon tickets are \$7 and must be purchased by October 12 from one of the following DEAP committee members:

<u>NAME</u>	<u>PHONE</u>
Colleen Donnelley	577-7303
Marva Johnson	577-6965
Randy Meyer	577-6366
Michelle Noice	577-6780
Jack Stormo	577-6937
Rick Kastner	577-6179
Luci Wais	577-6487

# GOT NEWS?

*If you think you've got something newsworthy,  
call the Public Affairs Office at  
577-6430.*

# AROUND THE CORPS

## MATCOM Commander delivers intent

Colie Young  
PAO, MARCORLOGBASES

MARINE CORPS LOGISTICS BASE ALBANY, Ga. – The commander of Marine Corps Materiel Command recently accepted an invitation from the commander of Marine Corps Logistics Bases to address senior leadership at the first LogBases’ Executive Forum September 18 at the Base Conference Center. This was the first time Brig. Gen. Bradley M. Lott has spoken to the leadership of the tri-command since his arrival here July 9.

The conference center held a near-capacity crowd of some 80 military and civilian leaders of MatCom and LogBases. The audience was intensely interested in Lott’s address, during which he delivered his commander’s intent.

Lott opened by sharing his focus – which is life cycle management but quickly asked a profound question.

“What [exactly] is life cycle management and what school can teach us this?

“Essentially what we’ve done [in the past],” Lott began, “was take program managers, add a few rocks to their rucksack, and tell them to keep marching. I don’t think that’s the right way to do it. We really have to learn more about this thing we call life cycle management.

Lott said education in acquisition and logistics are paths to learning and understanding more about life cycle management. He added that he has coordinated with both Brig. Gen. Richard S. Kramlich, MARCORLOGBASES commander, and Brig. Gen. James M. Feigley, commander, Marine Corps Systems Command, Quantico, Va., to ensure the commands not only continue on the right path, but that they pick up speed as well.

“My intent is to set a course and speed consistent with the progressive nature of the logistics business,” Lott said. “Life cycle management to attain affordable readiness through total cost of ownership control will be the focus of our efforts. Every action of this command must contribute to controlling the cost of readiness.

**“We need to remember that our ultimate customers rely on our sending products or information out that is complete, reliable and ready to use ... because he will need it most when the conditions are worst it will be raining, at night and someone will be shooting at him!”**

– Brig. Gen. Bradley M. Lott

See MATCOM Page 11

### Commander’s Intent Marine Corps Materiel Command

My intent is to set a course and speed consistent with the progressive nature of the logistics business! Life cycle management to attain affordable readiness through total cost of ownership control will be the focus of our efforts. Every action of this command MUST contribute to cost control of readiness! However, no cost control measure will ever sacrifice readiness or effectiveness for cost alone.

Further, Materiel Command will serve as a logistics force multiplier for the Force commanders. In addition to our general support role, we need to be ready to step forward when our services are requested and either reinforce the Marines on the ground or relieve them of their non-combat mission so they can move on to their combat mission. Reinforce and relief duties can also enhance readiness in garrison as the Marines pursue their priority training for combat.

We will communicate with our supported forces through aggressive multimedia avenues including 24/7

See INTENT Page 11



# Anti-terrorism awareness

*Okinawa Marines learn to keep their cool on the battlefield of the future*



Photo by Sgt. Stephen L. Standifird

Sergeant James Sprinkle, armory custodian, C Co., 1st Bn., 3rd Marine Regiment, sends rounds down range as part of the quick kill portion of 1/3's anti-terrorism training package.

**By Sgt. Stephen L. Standifird**

OKINAWA MARINE Staff

OKINAWA, Japan — From 25-yards out, a Marine assesses the situation and determines what kind of threat he is encountering. At the blow of a whistle, he reacts like it was a serious threat and takes out his intended target.

This drill is one of many that Marines from A and C companies, 1st Battalion, 3rd Marine Regiment, who are here taking part in the Unit Deployment Program from Marine Corps Base Hawaii, are participating in as part of a quick-kill course. The course is part of an anti-terrorism awareness package the Marines are going through for four weeks as part of their training.

The course of fire, which was put together by Sgt. James MacKenzie, Jr., small arms weapons instructor, C Co., 1st Bn., 3rd Marine Regiment, to better prepare them for their final week of anti-terrorism training which will take place in an urban environment.

"The main purpose of going through this quick-kill course was to enhance the individual Marine's marksmanship by testing their skills in target identification along with how quickly and effectively they can engage a target in an enhanced MOUT environment," MacKenzie said. "It also taught the Marines to minimize collateral damage by assessing the situation before reacting too violently. It involves a higher level of rules of engagement."

The Marines started from 25 yards out and fired a series of rounds at various points on the target and were scored by the amount of hits center mass or in the head. After firing from the 25-yard line, the Marines worked down to the 15, 10, seven and five-yard lines and followed different firing sequences along the way.

During one drill, the Marines advanced on the target by moving from the 15-yard line to the five-yard line firing two rounds center mass and one to the head. Captain Timothy Hitzelberger, anti-terrorism/force protection training officer, 4th Marine Regiment, 3rd Marine Division said the purpose of these drills is to better prepare the Marines for guard or security patrols.

The four-week course included a week of classroom instruction on force protection and anti-terrorism threat awareness, a week of using non-lethal weapon systems and the baton and riot shields and a week of quick-kill training utilizing the M16A2, M9 pistol and the shotgun. The three weeks of classes and firing drills will be put together for a week of enhanced MOUT training in combat town," said 2nd Lt. Daniel Micklis, platoon commander, 3rd platoon, C Co., 1st Bn., 3rd Marine Regiment.

"This type of training may be needed if a terrorist attack were to take place, and we were the closest

unit capable of getting there the fastest," MacKenzie said. "We would also provide security of military and civilian personnel until the threat level decreased. When the mission calls for a small unit of Marines, and the flag goes up, our Marines here in Charlie Co., 1/3 will be ready."

One Marine participating felt this training evolution working with anti-terrorism and force protection was a good thing for those Marines new to the unit.

"The junior Marines that are here can take this knowledge and pass it on to the newer Marines that are coming to the unit after them," said Sgt. James Sprinkle, armory custodian, C Co., 1st Bn., 3rd Marine Regiment.

According to Mackenzie, the urban terrain training these Marines are going through is for the benefit of the Corps and the world.

"By having this opportunity to train these Marines, it makes them that much more universal to be able to rapidly deploy them to certain hot spots that may require some of these skills," he added.

"Terrorism has become a big threat in today's world, and now we are that much more prepared than before. I think every unit should receive this training because it takes them into the mentality of an urban environment, which is the battlefield of the future."



*MCLB Barstow survived the ...*

# Rodeo Stampede

**Story and photos by Cpl. Joshua Barnhardt**

BARSTOW LOG staff

The 14th Annual Barstow Rodeo took place at the MCLB Stables Friday through Sunday, and provided wholesome entertainment for High Desert residents.

The rodeo attracts some of the best cowboys and cowgirls annually who are trying to collect enough points to qualify for the National Finals Rodeo at the end of October. Local competitors also turned out for the event to test their skills against the best in the business.

Cowboys competed in Bareback Riding, Steer Wrestling, Saddle Bronc Riding, Team Roping, Calf Roping, and Bull Riding. The women of the rodeo scene competed in Barrel Racing. Of course, as is local tradition, the High Desert's finest cowpokes saddled up for the Mutton Bustin' event. They turned out to be true entertainment as they had some good rides as well as some tough spills.

It wouldn't be a rodeo without rodeo clowns, and they were out in full force. They had close calls with a couple cantankerous bulls and broncs who let the clowns know they were



Joe Grapengeter of the MCAGCC Twentynine Palms Rodeo Team rides a bull in the Army vs. Marine Corps Bull Riding tournament.

not happy.

Scott Drennan, a professional cowboy, won the Bareback Riding event. He finished with a score of 76.

The Steer Wrestling event provided a ton of entertainment for the crowd as a couple of cowboys had to literally fight the steer to the ground and some missed the steer all together. They took terrific spills drawing cheers from the fans.

Team Roping featured one of the best tandems in the nation. Daniel Green and Dugan Kelley teamed up as the highest-ranking pair at the rodeo. Green is ranked eighth in the world as a header, or the cowboy who ropes the head, and Kelley is the ninth ranked healer, the cowboy who ropes the feet, in the world. They would have had the best time in the rodeo, but Kelley only roped one leg instead of both, so they had a five second penalty tacked onto their score.

Overall, the rodeo was a success. Marines sold personal pizzas all night, both nights to make money for the Marine Corps Ball. Also, a booth was set up selling Marine Corps items and rodeo T-shirts. Local organizations had booths set up as well, selling food for the patrons.



Bob Meyers looks on in exhaustion as his partner gets away from him, and his partner's head is on the ground.



The Main Event drill team, an all-female non-profit riding group, circles the arena holding American flags during the rodeo's opening ceremony.







John McGill reaches the calf at the end of his rope and starts to put it on its side so he can tie the feet in the Calf Roping competition.



Nicky Thompson gets an assist from the rodeo clown as she takes off from the gate in the Mutton Bustin' event.



(Above) Reno Rosser leans off his horse to try and grab a steer by its horns. Rosser missed, but he fared better in the Saddle Bronc Riding event.



(Left) The Marine Corps Mounted Color Guard circle the arena to kick off the rodeo. (Left to Right) Corporal Cory Kelly, Master Gunner Sgt. Kim Ortamond, Staff Sgt. Nohelia Fritz, and Lance Cpl. Jeremy Palu presented the colors for the National Anthem.





By Jim Gaines  
MCCS Publicity

#### October Sale

The MCLB Exchange-Super Seven Store's October Sale features electronics and clothing.

Here are just some of the buys you'll find: AIWA Home Theatre System (XS-D570), 360 watts, sale priced at \$379.95. Cannon Bubble Jet Printer (BJC2100) at a low price of \$69.99. Play Station 2 Race Pack Red for only \$329.99.

New clothing lines are in: For men - Ecco, Sean John and leather jackets at unbeatable prices. For women - Tommy Girl, DKNY, BCBG and much more.

The Exchange/Super Seven Store is open Mondays-Fridays, 6:30 a.m.- 9 p.m., Saturdays, 8 a.m.-9 p.m., and Sundays and holidays, 10 a.m.-6 p.m.

The Yermo Exchange is open Mondays-Fridays, 8 a.m.-3:30 p.m., (During troop rotations open Mondays-Fridays, 8 a.m.-8 p.m.) Saturdays and Sundays, 10 a.m.-5 p.m.

#### Lunch Menu

**Today**  
**Nebo:** Salad bar and baked potato. **Yermo:** Chef Salad (prepackaged) and baked potato.

**Friday** - Hoki fish.

**Monday** - Holiday - Menu service at Family Restaurant from 9 a.m. - 2 p.m.

**Tuesday** - Open-faced turkey sand-

wich.

**Wednesday** - Shredded beef sloppy joes.

**Thursday** - Honey-stung fried chicken.

Lunch is served: Nebo - 10:30 a.m.-12:30 p.m. Yermo - 11:30 a.m.-noon.

Cost: \$3 military, \$4.50 civilians.

#### Family Night Menu at Oasis Club

**Tonight** - Chuckwagon night.

**Next Thursday** - South of the Border night.

Family Night dinners are served Thursdays at the Oasis Club in conjunction with the Oasis Club Member's Night.

The hours are 4:30-7:30 p.m. Prices: Adults \$4.50, children five to 11 years \$2.50, children under four years are free.

#### Ceramic Hobby Shop Trip

The Ceramic Hobby Shop has a trip planned to the Ceramic Show in Pomona for October 20.

For details on cost, departure and return times, call Marke at the Ceramic Hobby Shop, 577-6228.

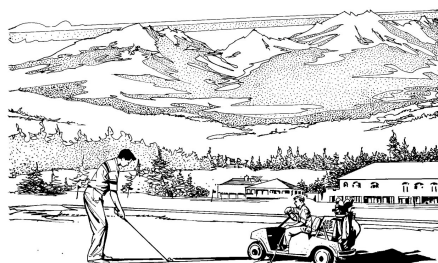
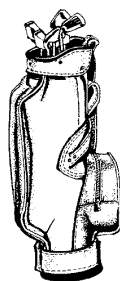
#### CDC Picnic

Plan ahead to attend the Child Development Center's annual picnic October 26. Children and their families are invited to join the CDC staff for a delicious dinner and lots of fun.

For more information please call Child Development Center at 577-6287.

## Commanding Officer's Golf Tournament

Tee off time is Saturday 8 a.m.



## Tees & Trees Golf Course

11 a.m.-5 p.m. Monday, 7 a.m.-5 p.m. Tuesday-Sunday

**577-6431**

## MCCS COLUMBUS DAY HOLIDAY SCHEDULE

**CLOSED MONDAY:** The Barber Shop, Oasis Club, NCO/Enlisted Club, ITT, Bowling Center, Personal Services Division, MCCS Administration Offices, Hobby Shops and Cactus Cafe.

**OPEN MONDAY:** The Main Exchange/Super Seven Store will be open from 10 a.m. to 6 p.m. The Yermo Exchange will be open 10 a.m.-5 p.m. The Family Restaurant will be open from 9 a.m.-2 p.m. with menu service. Tees & Trees Golf Course will be open from 7 a.m.-7 p.m. The Gym will be open from 8 a.m.-3 p.m.

**CLOSED SUNDAY AND MONDAY:** Auto, Ceramic and Wood/Rock Hobby Shops as well as the Bowling Center normally closed Mondays are observing the Columbus Day holiday on Sunday. The Yermo Exchange is closed Sunday.

**OTHER SPECIAL HOURS:** The Gym is open Friday from 5 a.m.-6 p.m, Saturday and Sunday from 8 a.m.-3 p.m. The Main Exchange is open Saturday and Sunday, from 10 a.m.-6 p.m., The Yermo Exchange is open Saturday from 10 a.m.-5 p.m.





HARDINESS from Page 2

prevention class, together they made their home more physically secure and she became certified to carry pepper spray. Mentally, the wife was no longer a victim and therefore able to influence the course of events that had terrified her before."

After divulging the second pillar of mental hardiness, Nieman indulged me with the third.

Then Nieman noted something that Maddi had said about the third piece to the puzzle – challenge. "Individuals strong in challenge believe fulfillment is found in continual growth in

wisdom through what is learned from experience, rather than in easy comfort, security and routine," he said.

He let that soak in for a minute, and then added that in thinking of how to simplify this concept the words of the philosopher Frederick Nietzsche came to his mind.

He then said one of the most repeated truths I've ever heard. He quoted Nietzsche, "Whatever doesn't kill you makes you stronger."

After hearing this, I thought back to when he told me to be mentally hardy one must have elements of commitment, control and challenge in their life. And remembered when he had

said a great scholar has linked the three concepts just enough to know they are completely different from one another.

I then realized again the strange nature of the psychologist.

Couldn't the Maddi guy have just said what Nietzsche said because, to me, it all meant the same thing.

In their world, emotional hardiness may be made up of commitment, control and challenge. In my world, it's going to be simplified. The box of bad feelings is going away ... because whatever doesn't kill me makes me stronger.

Thanks, Doc.

BRIEFS from Page 3

A breakfast of rolls and hot coffee will be available to riders from 7 to 9 a.m. before the run, and hamburgers and hot dogs will be available at the event site from 10 a.m. on, both days.

For more information call the Slash X Cafe, 252-1197, or Mal Wessel, 252-3093.

Mounted Color Guard

The Marine Corps Mounted Color Guard is seeking members.

There are no prerequisites, other than being an active-duty Marine.

Previous experience with horses is not necessary.

Mounted Color Guard Marines represent MCLB Barstow at parades

and events throughout the country.

To join or find out more, visit the base stables at the rear gate of the Yermo Annex during normal working hours, or call Master Gunner Sgt. Kim Ortamond at 577-7302 or 577-7003.

GOT NEWS? Call 577-6430.

MATCOM from Page 6

"However, no cost control measure will ever sacrifice readiness or effectiveness for cost alone," Lott added.

"Each element of my intent must be aligned with the daily activities of every member of the command if we are to achieve the heights of our potential. Strategic alignment then becomes the tool for implementation of this intent," Lott pointed out.

"Further," Lott continued, "Materiel Command will serve as a logistics force multiplier for the Force commanders. In addition to our general support role, we need to be ready to step forward when our services are requested and either reinforce the Marines on the ground or relieve them of their non-combat mission so they can move on to combat missions. Reinforcement-and-relief duties can also enhance readiness as the Marines pursue their priority training for combat."

"We will cultivate a climate of

innovation and teamwork that will encourage independent thought and initiative," Lott said. "Together, we will produce effective, enduring improvements and solutions as we invent the future of life cycle management."

Lott said innovation is risky business, yet he empowered the senior leaders by encouraging them to continue forging ahead aggressively.

"If you have a good idea, I don't want you to come and ask me," Lott said. "If you come to me, you ought to be saying 'I have a great idea, but there are one or two things that prevent me from doing it.' And if you come to me with a great idea, I trust that you have thoroughly thought it through and have made sure that it is indeed a great idea for the good of the Corps and for the good of MatCom. My job is then to get you over those hurdles."

"We will capitalize on our successes as we progress and grow, using them as springboards to our

next goal," Lott added. "As we advance, we will gain experience and learn to maximize the existing and potential contributions of every team member. Through our success as individuals and as an organization, we will contribute to our ultimate goal – the success of the Marine on the battlefield.

"We need to remember that our ultimate customers rely on our sending products or information out that is complete, reliable and ready to use," Lott emphasized.

"Because he will need it most when the conditions are worst it will be raining, at night, and someone will be shooting at him!" he said.

As Lott opened the floor for questions, one attendee asked for his commander's intent time line.

"Fast, real fast," Lott quickly said.

"There's nothing in this intent that cannot be implemented tomorrow, and there's nothing that could not be relevant two years from now," Lott concluded.

INTENT from Page 6

direct lines where quick and easy access to our services is provided.

We will cultivate a climate of innovation and teamwork that will encourage independent thought and initiative. Together, we will produce effective, enduring improvements and solutions as we invent the future of life cycle management.

We will capitalize on our successes as we progress and grow, using them as springboards to our next goal. As we advance, we will gain experience and learn to maximize the potential and

contributions of every team member. It is through our success as individuals and as an organization that we will contribute to our ultimate goal – success of the Marines on the battlefield.

We will balance our work force with training, education, experience and leadership so that it remains a viable resource for the Marine Corps well into the foreseeable future. Every level of expertise and experience has unique value as a brick in building our future.

PEOPLE and MISSION must never be viewed as mutuall

exclusive. The patriotism, professionalism, loyalty, intellect, enthusiasm and character of our people make mission accomplishment possible. We must create an environment that fosters greater accomplishment by our Marines, Sailors and civilian Marines with attendant personal and family satisfaction.

Each element of my intent must be aligned with the daily activities of every member of the command if we are to achieve the heights of our potential. Strategic alignment then becomes the tool for implementation of this intent.





(Above) Lance Cpl. Derrick Christoff flanks the National Ensign at the Candlelight Ceremony in Lucerne Valley.

(Right) Boy Scouts from Troop 150 light candles at the ceremony.



The crowd looks on as speeches were given by people in the community.

*In the wake of terror, the High Desert community sends prayers from coast to coast with a candlelight ceremony.*

## *Sending love cross country*

**Story and photos by Cpl. Joshua Barnhardt**

BARSTOW LOG staff

The MCLB Walking Color Guard presented the colors at a candlelight vigil at the Lucerne Valley, Calif., fire station September 25.

The ceremony was held to honor the memory of the victims of the terrorist attacks September 11, and to take up a collection of donations to send to the relief efforts currently going on. Hundreds of people showed up to sing patriotic songs and light candles in prayer. Community firefighters and policemen gave words of hope to the crowd in heartfelt speeches.

One of the speakers referred to the death of a local firefighter in the past and related it to the New York tragedy by pointing out if it was so difficult for one firefighter to be lost here,

how much harder it must have been for New York to lose so many.

Another firefighter led the crowd in the Fireman's Prayer and afterward a local veteran played Taps on his harmonica. The Marines, just like the crowd, seemed deeply moved by the prayers they heard and the playing of Taps.

"The outpouring of emotion from the community and seeing everyone pulling together was nice," said Sgt. Jesse Williams, color guard coordina-

tor.

Even though the event was sad, it still lifted spirits.

"It is sad that a situation like the one we are in has to come about before we can honor people like this, but it is good that people are acknowledging those who lay it on the line everyday so that we can be free," said Lance Cpl. Derrick Christoff, color guard member.

The color guard appreciated those being recognized.

"The first line of defense for us when something like this happens is the Fire Department," said Lance Cpl. James Hosey, color guard member. "It was good to honor them."

The most special part of the trip for the color guard was interacting with

the children present.

"It was good to see people look up to you," said Christoff. "It made me feel good to be a Marine."

A couple of the youngsters even asked the color guard if they could go to war with them. Their forwardness and unselfish will to help impressed the Marines.

"I saw some future prospects," said Christoff with a gleam in his eyes. "There were a lot of future Marines in there."



David Stratton, a local retired service member, plays Taps on his harmonica.



# SPORTS

## SPORTS BRIEFS

### Blackhorse Marathon

Due to recent events, the date of the U.S. Army's 11th Armored Cavalry Regiment's Blackhorse Marathon, scheduled for Saturday at Fort Irwin, Calif., has been changed to Nov. 18.

The race begins at 7:30 a.m. Interested runners may register online at <http://www.11thacrbha.org/race/marathon.htm>. On-site registration will also be available the day of the race. The registration fee is \$45. Awards will be given out to the first, second and third-place finishers in each division and to the overall male and female winners.

The 26.2-mile, scenic course is certified by the U.S. Track & Field Association. It starts and finishes at the Fitness Connection on Inner Loop Road.

For more information, call 1st Lt. Marcus Hopkins at 380-3837.

## GUNNY'S PICKS

### Week 4



Corporal Gabe Lopez is this week's Gunny's Picks winner. Lopez claims his success lies in his favorite team.

"Raiders all the way," said Lopez. "As long as my Raiders win, I'll win the Gunny's Picks."

Try to unseed Lopez from the winner's circle by making your choices for Week 4.

To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

Call 577-6451 for rules and deadlines.

Arizona at Philadelphia\*  
Chicago at Atlanta\*  
\*Cincinnati at Pittsburgh  
Minnesota at New Orleans\*  
New England at Miami\*  
\*San Diego at Cleveland  
Washington at NY Giants\*

Jacksonville at Seattle\*  
Kansas City at Denver\*  
\*NY Jets at Buffalo  
Dallas at Oakland\*  
Green Bay at Tampa Bay\*  
Tennessee at Baltimore\*  
\*Carolina at San Francisco

### Monday Night

\*St. Louis at Detroit  
Total points: \_\_\_\_\_

Name, work section and phone number: \_\_\_\_\_  
Monday night's game is a tie-breaker and must include a total score.

## Splitting the score

By Cpl. Joshua Barnhardt  
BARSTOW LOG staff

The MCLB Bulldogs split their two softball games Sept. 27 against Lube Express and Budweiser at the SPORTSPARK in Barstow.

The first game pitted the Bulldogs against Lube Express. The Bulldogs laid an egg in this one as they provided no offense. The first inning produced one run for the Bulldogs, but they were quickly put down as Lube Express put three up on the board in the bottom of the inning.

The Bulldogs managed to squeak two across in the third and turned around and held Lube Express scoreless. With the score at 5-3, that would be as close as the Bulldogs got.

It took four innings to sort out the mess disguised as a game, but Lube Express edged away from the Bulldogs for a 10-4 win. The Bulldogs would quickly get rid of their hitting woes, though.

In the second game of their twin bill, the Bulldogs faced off against Budweiser.

The Bulldogs took the field first and played good defense. They held Budweiser scoreless in the first frame. In their half of the inning, the Bulldogs finally produced some offense. They scored three runs to take a 3-0 lead.

The second inning went almost like the first. Budweiser managed one run this time, but the Bulldogs answered with three more to take a 6-1

lead. Budweiser finally put some runs up as they scored three in the third. The Bulldogs only managed one this time around as Budweiser closed the gap to 7-4.

Budweiser continued to peck away at the lead in the top of the fourth by scoring three runs. MCLB provided an offensive show in the bottom of the fourth inning. They scored eight runs on nine hits as they batted around in the inning. The score at the end of the fourth was 15-7.

Budweiser took their turn at showing offensive prowess in the top of the fifth. They batted around in their turn as well and used timely hits and a couple defensive errors by the Bulldogs to score 12 runs in the inning.

As time ran out on the game clock, the Bulldogs knew they had to score six runs to win or else they were done. They started out with two singles. A double followed, plating two runs. Three more runs scored on two consecutive doubles and two singles to tie the game. Then Matthew Riley, Frank Raymond, and Rebecca Williams loaded the bases.

Reginald Harris stepped to the plate with one out and hit a line drive to left center field. The outfielder was playing shallow and caught the liner. Riley took off for home as the outfielder tried to throw him out. Riley beat the throw and the Bulldogs won by a score of 20-19. They have a double-header tonight at the SPORTSPARK starting at 8 p.m.



Frank Raymond slides into third base after a single by the Bulldogs. Raymond later scored in a 20-19 victory over Budweiser at the SPORTSPARK in Barstow, Sept. 27.

Photo by Cpl. Joshua Barnhardt







Please submit all Trader Ads to  
*editor@barstow.usmc.mil*.

**1997 NISSAN PICK-UP XE:** 62.5 K miles, 4-cyl., 5 speed manual, 2 WD, A/C, P/S, AM/FM cassette, shell, and alloy wheels, asking \$6,999 OBO. Call AWH 253-7182.

**1992 JEEP WRANGLER:** 4 X 4, black, 5 speed, soft top, after-market rims and tires, asking \$3,500 OBO. Call 252-3355 before 9 p.m.

**1983 EL CAMINO:** 305 Eng., Automatic transmission, A/C, power door locks, rear air shocks, C/C, camper shell, good tires and wheels, body in good cond., \$3,500. Call 255-4205 AWH.

**1988 FORD F-150 XLT:** 4x4, V-8, automatic, power windows/locks, bed liner and cover, CD player, tinted windows, mechanically sound, needs paint, asking \$3,800 OBO. Call 252-3580 AWH. Ask for Joe.

**1969 DODGE DART:** V8 auto, runs, good body no rust, \$1,600; 66 Dodge Station Wagon, V8 auto, runs good, \$1,200. Call 252-9199.

**SERVICES:** ATTN: LADIES, aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call 252-8666 for your appointment.

**MISCELLANEOUS:** Camper/shell for 1992 Chevy S-10 or Nissan pickup, \$50. Call 252-7582.

**MISCELLANEOUS:** 454 Chev., cast crank fresh 10/10, \$125; Ford 2300, cyl hd. Cleaned and checked for cracks, \$125; new cam bearings, also 10/10 crank, \$100. Call 243-1392.

**MISCELLANEOUS:** Car parts, 440 Dodge engine, Many new extra parts, \$450; 318 Dodge engine, runs good, \$450; 4 Mustang rims aluminum, 4 lug, all \$25. Call 252-9199.

**MISCELLANEOUS:** Child's loft bed w/side rails and homework desk underneath, \$150; mattress, like new \$20; regular wood loft bed, must see to appreciate, \$200 OBO; two chest-of-drawers, one with nine drawers, wood, one has wardrobe on one side, white, make offer. Call 256-1914 AWH.

**MISCELLANEOUS:** New black entertainment center, TV, VCR and stereo, with glass door, CD storage and shelves, 4 ft. tall, paid \$200, will sell for \$100. Call 252-1059.

**MISCELLANEOUS:** Jet pump for pool system, only used 3 months, 220 volts, \$125 OBO. Call 243-1392.

**MISCELLANEOUS:** Queen water bed, sits on pedestal with drawer's mirrored head board and shelves, \$150 OBO. Call 253-1942.

**MISCELLANEOUS:** Twenty-eight 1-quart mason jars for home canning, \$13; cell phone (Nokia 5120) with battery and case, \$40. Call 242-8839.

**MISCELLANEOUS:** Korg electronic piano, 88 keys with case and stand \$800; file cabinet, 2 drawer, no lock, \$10; computer system, 133MHz, 14" monitor and CD ROM w/1.2 GB HD, WIN 98SE, \$300; Nintendo arcade cabinet, \$50. Call 252-7789.

**MISCELLANEOUS:** USA Spirit bow, includes quiver and 6 arrows, nearly new, \$175. firm. Call 252-0061. Ask for Mel.

**MISCELLANEOUS:** Small block Chevy stock 2 barrel intake, 3 rebuildable carburetors and air cleaner \$20 for all; NordicTrack Health Rider, xlt. cond., \$50. Call 253-5926.

**MISCELLANEOUS:** Awning for car or patio, 30-plus feet long, aluminum, \$150; electric dryer, older, works great, \$20; electric stove w/built-in microwave on top, \$170; trundle bed, like new, \$110; water bed headboard, \$15. Call 252-9199.

**MISCELLANEOUS:** Garrett GTA 1000 metal detector, coin shooting, relic hunting, 5 X 11, elliptical head, easy to use, user manual and video included, \$275 firm. Call 948-5140.



